



# Coordinators' Communique

## State Health Plan Prevention Partners

April/May 2005

Dear Prevention Partners Coordinator:

### **Spring Walk on April 8<sup>th</sup>!!!**

If you haven't heard, the 2005 Prevention Partners Spring Wellness Walk is taking place on Friday, April 8. As always, the kick-off site will be at scenic Riverfront Park in Columbia and will feature lots of snacks and door prize donations from local businesses. We promise you a day of fun, and hope to show you why walking is America's most popular exercise. The benefits are many, including helping control weight, blood sugar and cholesterol levels, reducing blood pressure and psychologically, walking generates an overall feeling of well-being, and can relieve depression, anxiety, and stress by producing endorphins, the body's natural tranquilizer. Plus it's one of the easiest ways to be physically active. You can do it almost anywhere and at any time. It's inexpensive, and all you need is a pair of shoes with sturdy heel support.

Also, the 2005 walk t-shirts are finally in and are quickly proving to be the best selling shirt we have ever had. And after years of having white t-shirts, this year's shirt is navy blue. Pictured below is the design that appears on the back of this year's spring walk t-shirt, while the front of the shirt features a small white palmetto tree inside an oval in the pocket area of the shirt above the words "S.C. Budget & Control Board". These shirts are Hanes Beefy-T's, so they are heavy, soft, and we've tested them in the washer and dryer and have found there to be no fading.

If you have any questions regarding the walk or would like an order form faxed to you to order this year's Spring Walk t-shirt, call Prevention Partners at (803) 737-3820. Order forms can also be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners").



### **Preventive Worksite Regional Screenings**

For those who would like to participate in one of our regional screenings, the next two are as follows:

- |               |                  |              |
|---------------|------------------|--------------|
| • Spartanburg | Spartanburg Tech | May 12, 2005 |
| • Greenville  | Greenville Tech  | June 9, 2005 |

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at [emcelveen@eip.sc.gov](mailto:emcelveen@eip.sc.gov).

### **Chronic Disease Workshops**

We have several chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- |                 |                |                                     |           |
|-----------------|----------------|-------------------------------------|-----------|
| • Weight Loss   | April 18, 2005 | Trident Technical College           | 1:30 p.m. |
| • Gut Reaction  | May 12, 2005   | Beaufort-Jasper Water & Sewer Auth. | 1:00 p.m. |
| • Weight Loss   | May 18, 2005   | Capital Senior Center-Columbia      | 1:30 p.m. |
| • Weight Loss   | June 21, 2005  | Capital Senior Center-Columbia      | 9:00 a.m. |
| • Healthy Heart | June 22, 2005  | Spartanburg Technical College       | 1:00 p.m. |

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Disease Management"). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at [rmakhuli@eip.sc.gov](mailto:rmakhuli@eip.sc.gov). For information on the Weight Loss Skills workshops, contact Diane Conte at (803) 737-3822.

### **Minority Health Conference**

The 2005 Minority Health Conference will take place on April 17-19 in Columbia at the Marriott Hotel located at 1200 Hampton Street. This conference will bring together state, local and community leaders with a goal of eliminating health disparities in South Carolina. Sessions include Bridging Faith and Health-The Role of the Church, Cooking For Health-Nutrition 101, Making Sense and Cents of Your Senior Rx Card, and Stress Management. This year's keynote speaker will be Donna Richardson Joyner. Donna currently serves as a member of the Women's Sports Foundation Board of Trustees and is considered as one of the premier fitness experts in the world. She has starred in more than 25 award winning exercise videos and in 1996 was selected as one of the "Top 5 Fitness Video Instructors" by the Oprah Winfrey Show. For registration information, please call (803) 898-3808.

#### **Contents of this mail-out are:**

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